



DEPARTMENT OF THE ARMY
US ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE
5158 BLACKHAWK ROAD
ABERDEEN PROVING GROUND MD 21010-5403

MCHO-CL-R

7 February 2007

MEMORANDUM FOR NATIONAL NUTRITION MONTH PARTICIPANTS

SUBJECT: 2007 National Nutrition Month Resource Packet

1. The Department of Defense (DoD) Nutrition Committee is pleased to present the DoD National Nutrition Month (NNM) Resource Packet. This year's packet was developed by representatives from the Air Force, Army, Marines, Navy, and Public Health Service.
2. National Nutrition Month® is an annual event sponsored by the American Dietetic Association (ADA website: <http://www.eatright.org>). To promote NNM, the theme for March 2007 is "100% Fad Free".
3. The slogan for 2007, "**100% Fad Free**" reinforces the importance of nutrition as a key component of good health, along with physical activity. A healthy lifestyle is essential for peak performance and feeling great. The key messages of this year's campaign are: Develop an eating plan for lifelong health; Choose foods sensibly by looking at the big picture; Learn how to spot a food fad; Find your balance between food and physical activity; and Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet.
4. The packet includes a wide range of nutrition and food service-related materials to include handouts, articles, presentations, and much more. These resources can be used to promote nutrition throughout the year to support a healthy lifestyle and improve mission readiness.
5. Thank you to everyone who submitted items for the packet this year. Your contribution helps us in our effort to share excellent resources within the DoD.
6. The points of contact for the nutrition resource packet are:
Army – COL Deborah Simpson, DSN 584-7008, Commercial (410) 436-7008;
Navy – CDR Alice Whitley; DSN 882-4379, Commercial (901) 874-4379;
Air Force – Major Peggy Ann Cain, DSN 857-3154, Commercial (240) 857-3154;
Marines – Ms Linda Desens, Commercial (703) 432-9357 and
Public Health Service – CDR Vangie Tate, Commercial (928) 338-3574.
7. Have a successful National Nutrition Month!

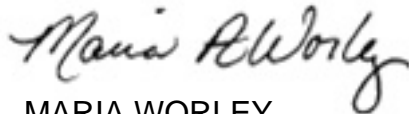
Readiness thru Health



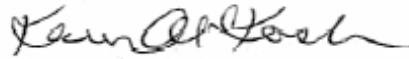
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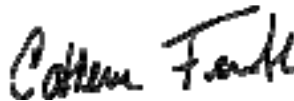
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